



FREEHOLD FAMILY YMCA SWIM LESSON SCHEDULE WINTER: JANUARY 6 – MARCH 2, 2025



LEARN MORE &
REGISTER TODAY

PROGRAM REGISTRATION BEGINS:

Family Members – Dec. 9 | All Other Members – Dec. 12 | Non-Members – Dec. 16

PARENT & CHILD | 6-36 MONTHS | 8/30 MIN. CLASSES | MEMBER \$95, NON-MEMBER \$155 | DITTMAR POOL

STAGE/PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAGE A: WATER DISCOVERY						8:30 AM	
STAGE B: WATER EXPLORATION						9:05 AM	9:05 AM

SWIM BASICS & STROKES | 3-5 YEARS | 8/30 MIN. CLASSES | MEMBER \$95, NON-MEMBER \$155 | DITTMAR POOL

STAGE 1: WATER ACCLIMATION		4:40 PM 5:50 PM		4:05 PM			9:40 AM
STAGE 2: WATER MOVEMENT	4:55 PM	4:05 PM				10:15 AM	
STAGE 3: WATER STAMINA		5:15 PM		5:15 PM		9:40 AM	
STAGE 4: STROKE INTRODUCTION				4:40 PM			

SWIM BASICS | 6-12 YEARS | 8/30 MIN. CLASSES | MEMBER \$95, NON-MEMBER \$155 | DITTMAR POOL

STAGE 1: WATER ACCLIMATION	5:30 PM	4:05 PM					10:50 AM
STAGE 2: WATER MOVEMENT		4:05 PM 4:40 PM	4:55 PM			10:50 AM	10:15 AM

SWIM BASICS & STROKES | 6-12 YEARS | 8/45 MIN. CLASSES | MEMBER \$130, NON-MEMBER \$200 | DITTMAR

STAGE 3: WATER STAMINA	4:05 PM		4:05 PM	4:05 PM 5:50 PM			11:25 AM
STAGE 4: STROKE INTRODUCTION	4:05 PM	4:55 PM	5:30 PM	5:45 PM		8:30 AM	
STAGE 5: STROKE DEVELOPMENT	4:55 PM	4:05 PM		6:35 PM		10:10 AM	
STAGE 6: STROKE MECHANICS			4:05 PM	4:55 PM		9:20 AM	

FREEHOLD FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
470 East Freehold Road
Freehold, NJ 07728

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YMCA NJ.org

Here for all.
Financial assistance is offered
based on availability of funds.

1122-6563-FHY



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**PATHWAYS TO COMPETITIVE SWIM | 10-14 YEARS | 8/1 HR. CLASSES | MEMBER \$191, NON-MEMBER \$294
DITTMAR POOL**

STAGE/PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAGE 7: STROKE ENDURANCE	5:40 PM		4:55 PM				
STAGE 8: STROKE CONDITIONING		5:40 PM				11:00 AM	

ADULT & TEEN SWIM LESSONS | 13+ YEARS | 8/45 MIN. CLASSES | MEMBER \$130, NON-MEMBER \$200 | DITTMAR

BEGINNER	6:00 PM	5:50 PM	6:20 PM			11:25 AM	
INTERMEDIATE	6:45 PM		6:00 PM				8:15 AM



STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.
30 min. class



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

30 min. class



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.
45 min. class



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.